



The NAR News

(Serving the Naval Air Reserve Point Mugu Community)

Vol. 1 No. 5

SUMMER 2002

U.S. ARMED FORCES TRIATHLON

Story By: JOSN Robbie Thomas

In the past few years fitness has become more and more the rage in an ever health conscious world. Some choose to repeat a daily routine to burn away unwanted calories, while others push a little harder to reach that desirable physique. Then there are those who push themselves to the limit and do as much as they can purely for the sport.

Triathletes are people who spend much, if not all of the year training for competition against other runners, swimmers, and cyclist. These are people who don't go out for a brief jog or a quick dip in the pool. These are athletes who swim several hundred meters and then immediately run 20 or more miles.



(Photo By: JOSN Robbie Thomas)

Athletes like these joined together at Pt Mugu on June 1, 2002 for the U.S.

Armed Forces Triathlon Championship. Some of the top athletes from the Army, Navy, Air Force, and Marines came together to compete for a place on the United States Triathlon Team for the World Military Championships, held in Astonia, Eastern Europe.

The competition began at 9 a.m. with a 1,500-meter out-and-back swim in 58-degree water. Then the participants rushed in to discard their wet suits and don their bike shorts for the 24.8-mile bike portion of the race. To complete the course, the athletes dismounted their bikes and finished on foot with a 6.2-mile run to the finish line.

One participant in this year's triathlon was LCDR Van R. Moffatt, Executive Officer, San Jose. LCDR Moffatt is the only TAR member of the All Navy Team.

LCDR Moffatt has been participating in athletic competitions since 1997 when he came back from a deployment and decided "running was getting a little boring." His first competition



(Photo By: JOSN Robbie Thomas)

was a full-distance Ironman in Europe on July 15, 1997.

Since he began to compete, he has averaged about 8 or more races per year, with his

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CO/CMC'S Corner

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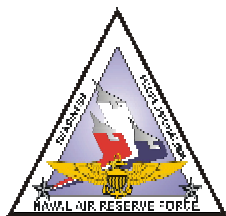
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From The Cockpit

"Service to the Reserves – Readiness to the Fleet"

This is the Vision of the newly formed Commander, Naval Reserve Force Command (CNRFC). RADM John P. McLaughlin unveiled both the motto and the logo in New Orleans during the establishment ceremony on 20 July.



CNRFC was formed through the merger of CNSRF and a majority of CNARF. All Reserve Force units, with the exception of the aviation hardware commands, report to CNRFC. The aviation hardware units are under Commander, Naval Air Force Reserve (CNAFR), which was CNARF. RADM Daniel L. Kloeppel assumed command of CNAFR. CNSRF was disestablished.

How does this affect you as Full and Part Time Selected Reserves? It doesn't except for the fact that

RADM McLaughlin is strongly emphasizing that CNRFC will become a more customer service organization. He wants to make the CNRFC headquarters reflect the best business practices of the civilian world. RADM "Mac" uses USAA and NFCU as

examples of organizations that have trained, customer-friendly professionals waiting to answer assist and answer questions. The long-term goal is for people to be able to call or go through the internet to contact the service center, with the knowledge that they will be able to speak with a service representative who can help them, will track their issues if not immediately fixed, and will provide them with follow-up reports or completion notification. To that end, a new CNRFC code, Special Assistant for Customer Services (N00Q) was established to review current practices, take inputs from the field, and recommend changes that will "benefit the drilling reservist in the field."



U.S. Navy Photo

CMC Speaks

Greetings Shipmates,

I am AFCM(AW) James V. Regnerus, I just reported aboard in June as your Command Master Chief. I have 25 years of active duty service. I am transferring in from VFA-203 at NAS Atlanta, Marietta, Ga. My experience is in naval aviation maintenance, for the last 12 years I have worked on the F/A-18 aircraft platform. I was screened and accepted into the Command Master Chief Program in July 2001 and will attend the Senior Enlisted Academy at Newport, Rhode Island from August through October 2002. My goal is to contribute to the professional

development of our sailors, and maintain the great customer services and contributory support that the Naval Air Reserve, Point Mugu provides.

I am very proud to be able to serve here and I look forward to the challenges that await me. I have an open door policy, so please stop by my office if you have any questions or concerns.



U.S. Navy Photo

The NAR News

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CAPT Kevin J. Sullivan

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CDR Perry L. Schmidt

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The content of this United States Navy publication is prepared, edited and provided by the Naval Air Reserve Public Affairs Office at Point Mugu, Calif. Submissions are always welcome. Send to Robbie. Thomas@navy.mil The NAR News does not necessarily reflect the official views of the U.S. Government, Department of Defense, or the U.S. Navy.

TORRANCE HONORS MILITARY



(Photo By: JOSN Robbie Thomas)

Story By: JOSN Robbie Thomas

Torrance, Calif.- America's Military Forces were honored here in the 43rd Annual Armed Forces Day Parade on Saturday, May 18th.

Torrance began this lasting tradition back in 1960 when former Mayor Al Isen, and the Torrance Chamber of Commerce, put together the first parade as a tribute to the men and women of the Armed Forces. Since then, the parade has grown and become one of the largest Armed Forces Day Parades in America. It also gives Torrance the bragging rights for hosting the longest-running military parade sponsored by any city in the nation.

Each year Torrance selects one service to focus recognition on and designates it as the "honored service" during the celebration. One member from the "honored service" is then invited to act as the parades Grand Marshal.

This year the city chose the United States Air Force as the "honored service" and invited Lieutenant General Brian A. Arnold to act as the Grand Marshal. Following the Official Color Guard, the Grand Marshal began the celebration by traveling the parade route in a marked car and then taking his place in the reviewing stands as the Official Reviewing Officer of the Parade.

Other guest in the Prologue included Army Major General Robert B. Ostenberg, Marine

Brigadier General (Sel) Mary Ann Krusa-Dossin, Navy Rear Admiral Casey Coane, Air Force Colonel Harry Talbot, Coast Guard Rear Admiral Mary O'Donnell and Congressional Medal of Honor recipient, Edward Foster.

Following the prologue were several divisions, most of which were military color guards, military marching bands, high school marching bands, uniformed battalions, several military schools and military floats.

One float in particular this year drew in some well deserved attention. Point Mugu's missile float seemed to be a crowd favorite. As the float passed by, spectators could be heard shouting cheers, thanks, and expressing their love for the United States Navy.

This year's float was manned by four Sailors of the Year from Ventura County, AMS1 Charito Casabar of AIMD, CM1 David Pilcic of Port Hueneme, NC1 Paul A. Tyquiengco of NBVC and Naval Air Reserve's PN1 Gretchen Jonas .

Many of the more popular floats were directed to the North end of the Del Amo Mall after the parade, where they were open for display to the public along with several other military exhibits.

The parade concluded with the United States Air Force Delayed Enlistment Ceremony,

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(Photo By: JOSN Robbie Thomas)

AKC Kuhse Retires

It is once again that time that comes to every sailor who chooses to make a career out of the Navy. The time to retire and move on to the next chapter in your life. On Sunday, July 9, 2002, the Navy and NAVAIRE bid fair well to AKC Darrel E. Kuhse. Kuhse hailed from Bloomington, California where he graduated from High School in 1978. He enlisted in the Navy in May 1979 and attended Recruit Training Command San Diego, California. Upon graduation, he reported to Aviation Storekeeper "A" School at Naval Aviation Technical Training Center, Meridian, Mississippi and graduated August 1979. Chief Kuhse's first duty assignment was with the Supply Department at Naval Air Station (NAS) Glenview, Illinois. Experience in the Aircraft Intermediate Maintenance Department (AIMD) was also gained at Glenview where he attained the rate of Aviation Storekeeper Third Class.

In July 1981, he received orders to Patrol Squadron 90 (VP-90) based out of NAS Glenview. With VP-90 Chief Kuhse deployed twice to NAS Cubi Point, Republic of the Philippines in support of Cold War operations in the South China Sea. After completion of four years of active duty, Chief Kuhse reenlisted aboard an in-flight P-3B Orion aircraft in September 1983. He was bound for duty in another P-3B squadron in his home state of California; Patrol Squadron 65 at NAS Point Mugu. In VP-65 he deployed again to the Philippines as well as Naval Air Facility Misawa, Japan. From there he was able to visit exotic ports such as Pattaya Beach, Thailand and Hong Kong. In 1984 he was advanced to second class petty officer.

In December 1986 Chief Kuhse received orders to Strike-Fighter Squadron 305 (VFA-305) also at Point Mugu. Here he was assigned as the support equipment (SE) manager and managed the seamless transition of the squadron's SE inventory from A-7B Corsair support to the F/A-18A Hornet configuration. In 1989 he was promoted to first class petty officer and became the material control workcenter supervisor. With VFA-305, Chief Kuhse detached aboard aircraft carriers USS Constellation,

USS Enterprise and USS Nimitz before deploying aboard USS Abraham Lincoln for her maiden voyage, which took the crew "around the horn" from Norfolk to Alameda. Along the way visiting the U.S. Virgin Islands, Rio de Janeiro, Brazil and Valparaiso, Chile. Crossing the equator in October 1990, Chief Kuhse became an Honorable Shellback and earned his EAWS Wings.

January 1992 would see Chief Kuhse returning to Illinois to serve with Fleet Logistics Support Squadron 51 (VR-51), aboard NAS Glenview, in support of C-9B Skytrain world-wide operations.

During this tour he was selected as the squadron's sailor-of-the-year and subsequently advanced to chief petty officer.

In October 1994 Chief Kuhse reported for duty at NAF Washington D.C. aboard Andrews AFB, Maryland where he served in the supply department as the Aviation Support Division Chief in support of F/A-18 Hornet, P-3C Orion and C-130 Hercules aircraft squadrons. During this tour of duty he also became qualified as a Military Motorcycle Safety Instructor.

Chief Kuhse was assigned to his current position as supply chief at Naval Air Reserve Point Mugu, California in September 1997.

Chief Kuhse holds an Associate in Science Degree in Business Management (honors). His personal awards include the Navy and Marine Corps Achievement Medal (four awards), Meritorious Unit Commendation Ribbon, Navy Battle "E" Ribbon (two awards), Navy Good Conduct Medal (six awards), National Defense Service Medal (two awards), Armed Forces Reserve Medal (two awards), and the Navy Pistol Sharpshooter Marksmanship Ribbon.

Chief Kuhse is married to the former Deanna Renee Nolen of Ashland, Mississippi. They have a daughter Danielle and a son Douglas.

For four months following his retirement, Chief Kuhse will relax and enjoy some well-deserved time with his family. After his vacation, he plans to continue on in the supply field with a contractor at Port Hueneme.



U.S. Navy Photo

TRIATHLON, cont. from pg. 1

latest being in Hawaii. This is the second year in a row that LCDR Moffatt has run the Armed Forces Triathlon at Point Mugu.

His plan for success was to focus on his strengths in the competition, which were the bike and run portions. He wanted to go all out on the bike and then finish up with a strong run.

This year LCDR Moffatt finished the course in two hours and 16 minutes. He hopes only to better his time and perhaps qualify to be a Navy Ironman member.

The triathlon offered open competition to

local military who were not on any team. These competitors were competing solely for the sport. Two of these open competitors were VP-65's own ADC Joel M. Geran, who came in 65th place and AW2 Robert Ziegler, who ranked in at 67.

The overall winner was Army MAJ Mike Hagen with a time of one hour and 57 minutes.

This year's track was a bit longer, but most of the competitors found themselves crossing the finish line with a faster time than last year's. This goes to show that our military athletes are only going to continue representing their services with superior performances.

TRAINED TO HONOR, RESPECT

By: JOSN Robbie Thomas

A four-man detail silently marches down an aisle in front of numerous spectators. One of the two center sailors carries a long staff with a waving flag of red, white, and blue. The other with a blue flag with an emblem that represents a force that can be anywhere in the world at a moment's notice. At their sides, two sailors with rifles ready to render any salute the honoree is entitled to. This is a Naval Honor Guard. A group of Navy men and women at their finest, ready to honor their finest.

Sailors in the Honor Guard have been trained to perform several different ceremonies. They can parade the national colors in a parade one day, and perform a flag folding ceremony or a make an appearance at a little league game the next.

They are trained to perfect their marching skills, while the importance of a sharp military

uniform is emphasized.

Most Honor Guard members are TAD from their command for three months. This allows for their full attention for both practice and ceremonies. PN2

Marvin D. Clark, Honor Guard Member, NAVAIRES, is one participant. He covers his assigned duties in the NAR Manpower Office and performs in ceremonies whenever he is called.

PN2 Clark began participating in the Honor Guard in early December, 2001. This makes him one of the most experienced participants since most people are only TAD for three months.

Honor Guard duties often



Photo By: Tara Connelly

takes PN2 Clark out of the office, sometimes several days a week. This leaves the rest of his office to take on his workload, which "they do very well," said PN2 Clark.

With his extended stay with Honor Guard, PN2 Clark has become very familiar with the many different ceremonies. He can show up and perform many ceremonies with minimal practice. They only real thing to worry

(HONOR cont, pg. 6)

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about are the different layouts for the ceremonies and whatever the hosts specifically request for them, according to PN2 Clark.

“You never know what the workloads like until that day,” said PN2 Clark. Some of the ceremonies come up at the last minute and are hard to fill due to a current shortage in Honor Guard members.

On average he participates in 1-2 a week, but there are times when it is twice that.

“I enjoy knowing that I’ve given someone their last honors,” said PN2 Clark. He does his best to perform each ceremony correctly and with

precision because the honorees and their families deserve it. This part of the ceremony is not always easy. “The hardest part is presenting the flag to someone who’s loved one has died.”

A crisp uniform and clean facing movements are important for any military ceremony. When the ceremony involves a fallen sailor, everything must be perfect. It must be precise in order to show last respects and to show friends and family members that their lost loved one’s contribution was great, no matter how small or large.



Photo by: Tara Connelly

PARADE, from pg. 3

which was administered by the Grand Marshal.

The Armed Forces Parade began as a way for a small town to thank America’s servicemembers, and has since then grown to a nationally known celebration. Former Mayor Al

Isen once said the parade’s goal was to “increase public respect and understanding for military service and promote civic-military relationships.” If the former mayor were here today, he would be proud to see that what he began back in 1960 still carries on strong today.

CO, from pg. 2

Prior to the CNRFC and CNAFR establishment ceremonies, an Echelon IV conference was held to review the new organizations, provide updates on current programs, and discuss the future. The CNRFC web site has copies of the presentations available. The following are highlight from that conference:

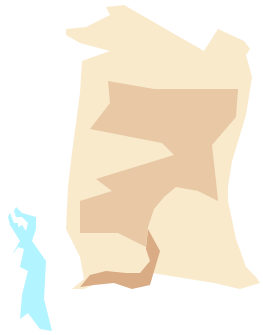
Government Travel Cards (GTC): It is the policy of CNRF and CNRFC that all personnel using the GTC shall use “split pay” when filing travel claims.

Customer Service Office, as mentioned above, in place to ensure that the headquarters staff “works for the field.”

Free email access: Go to <http://hq.cnrn.navy.mil> and follow the instructions.

High Year Tenure: Recent changes will not affect Drilling Selected Reserve personnel.

Naval Reserve Recruiting Command will become part of the Regular Navy Recruiting Command effective October 2003.



The Navy College Program for Afloat College Education (NC PACE) is a recent implementation to VR-55 and it's starting to show results. VR-55 has had it's first graduate through it's NC PACE program.

NC1(SCW) Richard Troche graduated on May 19, 2002 from Coastline Community College with an Associates Degree in Counseling and Applied Psychology, and he did it in 18 months.

He said he thought he would never get his degree because he felt he was too old. "But you're never too old," said NC1 Troche. Many other people at VR-55, who now participate in the NC PACE program, also thought they were too old to go back to school and receive their degrees.

"The program has already brought quite a few people closer than they ever were before," said NC1 Troche. There are at least six other people with the opportunity to receive their degrees before the end of this year.

The PACE program allows students to obtain rate-oriented degrees. This makes it easier for sailors who know their rate well. It's a chance to continue on with what you already

SUPPORTING MWR

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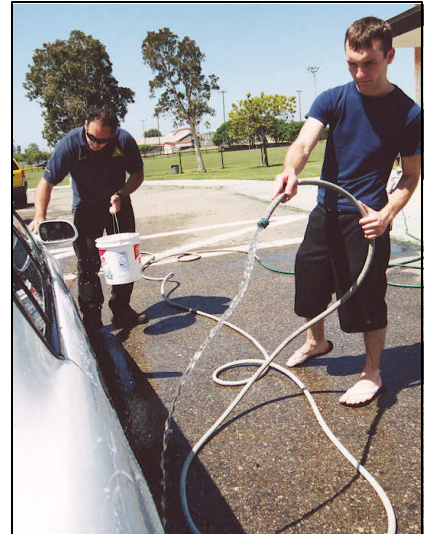
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(Photo By: PH1 (AW/SW) Mark F. Foughty)



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(Photo By: PH1 (AW/SW) Mark F. Foughty)

AWARDS

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(Photo By: PH1 (AW/SW) Mark F. Foughty)

On June 20, 2002 YNC(Sel) Geraldine Gamble was honored as Ventura County's Woman of the Year.



(Photo By: PH1 (AW/SW) Mark F. Foughty)

AN Alvin Lau receives a Navy Achievement Medal from CAPT Kevin J. Sullivan.



(Photo By: PH1 (AW/SW) Mark F. Foughty)

AT2 Harry Martin receives a Navy Achievement Medal from CAPT Kevin J. Sullivan.



(Photo By: PH1 (AW/SW) Mark F. Foughty)

PN2(AW) John Bagting received a Navy Achievement Medal from CAPT Kevin J. Sullivan.



(Photo By: PH1 (AW/SW) Mark F. Foughty)

Wife Mary Hernandez and mother Luz Hernandez pin Master Chief anchors on AVCM Arthur A. Hernandez of VR-55. AVCM Hernandez is a reservist recalled to active duty, Second Loadmaster aircrewman and SELRES Command Master Chief.



(Photo By: PH1 (AW/SW) Mark F. Foughty)

CMDCM(AW) Caesar Mogollan and PNC(AW) Sonia Garcia Pin Senior Chief anchors on the now YNC(SAW) Teresa Stevenson, VR-55 Admin Office.

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U.S. Navy Photo

Sailor of the Quarter
PH1(AW/SW) Mark Foughty



U.S. Navy Photo

Junior Sailor of the Quarter
HM2 Simon Gomez

J
S
O
Q

ADVANCEMENTS



SELECTEES

CVSW

AMH2 Javier Gutierrez
AEAN Arauz
JOSN Edward Luchetti
PN3 Martinez
AT3 Brake

LEPSU

MA1 Daniel Geye
AK1 Anna Rose
MA2 Armand Patino
GM2 Robert Stillman
MA2 Patrick Zuchelli

NAVAIRES

PN2 Kathleen Mullaly
PN2 John Bagting
HM2 Simon Gomez
YN3 Devin Reshard

NWTS

ADAN Absalon

MOCC

OS1 Kearns

NAVAIRES

YNC(SEL) Geraldine Gamble
PNC(SEL) Katrina Renyer
ATC(SEL) Wilson Bell

VP-65

ADC(SEL) Kevin Bang
AEC(SEL) Wade Anderson
AKC(SEL) Monica Grafton
PNC(SEL) Michele Osbourne
YNC(SEL) Jeffrey Neal
ATC(SEL) Joe Morris

VR-55

ADC(SEL) Victor Deleonardis

MMF-A

ASC(SEL) Richard Meza